



# 5 hours in Psychology

Research shows that the most successful students (i.e. those that make the most progress and get the highest grades) are doing between 20 and 25 hours of independent study per week by the end of Year 13. That may seem a lot, but it's something that you would build up to over the course of your A-Levels. In Year 12, we're talking something more like 15 hours per week. This equates to roughly 5 hours of independent study per A-Level per subject.

Remember that your independent study is divided into three types – **Consolidation, Reactive and Proactive**. How this is divided may vary from week to week or between subjects, but one approach could be:

## Consolidation - 45mins

Straight after a lesson, or that evening / the following day you should:

- Re-read your notes and write a summary of the information in bullet points
- Summarise the lesson in Cornell notes form
- Talk a topic through with somebody
- Create a summary mind-map
- Create a set of flashcards e.g. for key definitions/theories/studies

## Reactive – 3hrs

This is your 'homework'. Each of your teachers should give you at least 1 hours' worth of homework each week. This could be linked to upcoming exams, preparation work for coursework or coursework that is currently being completed.

Often this will be in the form of essays or exam questions but could include self-quizzes on Forms or Seneca.

If you find this takes more than 1 hour, that's fine, you can take this from the proactive phase (not from the consolidation phase though). Equally, if you find you finish your reactive work quickly, spend more time on your proactive work.

## Proactive – 1hr 15mins

This is the section that will broaden and deepen your overall understanding of the subject you are studying. It will not necessarily involve work that has been set by your teacher, but instead it is about you doing the extra practice questions, reading articles, watching videos, TED talks etc. In Psychology, this might contain some of the following:

- Complete past paper questions, available on the AQA exam board website (1 hour)
- Answer questions from the end of each chapter in the Psychology textbook (30 mins)
- Use Seneca Learning to complete and add to class notes (30 minutes)
- RAG rate the topic areas from your year planner and complete some content revision, such as making mind maps or making knowledge organisers, on areas where you are least confident (30 mins)
- Creation of knowledge organisers (1 hour)
- "Read, Cover, Write and Check" sections of Knowledge organisers (30 mins)
- Watch a TED talk on a relevant topic (20 mins)
- Access youtube videos on relevant topics (5 mins-20 mins)
- Listen to podcasts on relevant topics (30 mins-60 mins)

## Useful links

Specification - <https://cdn.sanity.io/files/p28bar15/green/7fea9a492b813fa6f8b2ed0f864c31a6e6fb5d8b.pdf>

Past papers - <https://www.aqa.org.uk/find-past-papers-and-mark-schemes?qualification=A-level%20Psychology>

Revision of content - <https://www.tutor2u.net/psychology>

Revision of content - <https://www.simplypsychology.org/>

Revision of content - <https://psychologyalevel.com/aqa-psychology-revision-notes/>

Revision of content - <https://www.physicsandmathstutor.com/psychology-revision/a-level-aqa/>

TED talks - <https://www.ted.com/topics/psychology>

Tutor 2 U Live Revision Sessions - <https://www.youtube.com/playlist?list=PLp8BSCLLWBUDZqLBqptjAixY1x9p47IbK>